



**Understanding The Manifest
Presence of God: Part III
“Experiencing God Even When
You Are Depressed”**

1 Kings 19:1-18
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OBJECTIVES FOR THIS MESSAGE

- God is faithful even when we find ourselves in the “valley of struggles!!”
- Depression is real and impact numerous people from all walks of life
- God will “Manifest His Presence” to us to keep us on track if we have been faithful to Him

BACKGROUND

- A major transition occurred in chapter 19 verses chapter 18 of I Kings that caused Elijah's depression
- Depression affects people from all walks of life, no matter what their background. It can affect people of all ages as well.
- While anxiety disorders are the most common mental illness in the U.S., depression isn't far behind.

BACKGROUND CONT'D

- 300 million people around the world have depression, according to the World Health Organization.
- Depression is defined as a major depressive episode of at least two weeks of a depressed mood or loss of interest in almost all activities with at least five other symptoms

SYMPTOMS OF DEPRESSION

- Sleep issues on an almost daily basis
- Changes in appetite and weight
- Decreased energy or fatigue almost every day
- Difficulty concentrating, making decisions
- Recurrent thoughts of death or suicide or a suicide attempt

SOME FACTORS THAT LED TO ELIJAH'S DEPRESSION

- He had **exerted** major energy-poured his heart into his ministry and work
- He was **exhausted**-mentally drained, weary and restless
- He felt **extremely** isolated and alone

THERE ARE NO SUCH THING AS SUPERMAN CHRISTIANS

- When the psalmist wrote in Psalm 39:5 he included all of us except Jesus when he said “every man at his best state is altogether vanity.”
- “The best of men are but men at their best.”

BACKGROUND ON JEZEBEL

- Jezebel was a Phoenician princess in the 9th century who married Ahab, the King of Israel. Jezebel worshiped the nature god Baal.
- Ahab at this time ruled Israel and established Samaria as his capital. Jezebel required that her religion become the national religion of Israel and built a temple to honor Baal at Samaria. She had 450 prophets of Baal.

WE MUST NOT ALLOW FEAR TO CONTROL US

- In a moment of fear Elijah forgot about all that God had done for him, the previous three years. When we examine chapter 18 we see the boldness of Elijah. In chapter 19 we see him “**fleeing in fear.**”

HOW GOD MINISTERED TO ELIJAH IN 1 KINGS 19:5-8

1. We see the Provisions of God- The angel gives him physical food as God gives us spiritual food.

- Mount Sinai was located about 250 miles from Elijah's current location in Beersheba.
- The journey is too great for us and we need God's strength to reach the goal.

2. WE SEE THE PROTECTION OF GOD

- We see the graciousness of God in this text. How gracious God was to allow him to sleep and wake him again and spread a “**table**” for him in the “**wilderness**” for His discouraged servant. (Note Psalm 78:19 and 23:5)

3. WE SEE THE PROMISE OF GOD

- Elijah the Prophet had been hidden by God for three years as noted in (1 Kings 18) during which time he “waited on the Lord.” A parallel to the promise in (Isaiah 40:31).
- When the Lord sent him to Mount Carmel, He enabled Elijah to “mount up with wings as eagles” and triumph over the prophets of Baal.

3. WE SEE THE PROMISE OF GOD CONT'D

- After Elijah prayed and it began to rain, the Lord strengthen him to “**run and not be weary**” in (1 Kings 18:46) and now he sustained him for forty days so he could “**walk and not faint.**” (1 Kings 19:8)

4. WE SEE THE POWER OF GOD ON DISPLAY IN (1 KINGS 19:9-14)

- After a journey of 40 days and nights, Elijah now made his home in a cave and now was waiting on God again.
- When the Lord finally spoke to Elijah, notice God didn't rebuke him He simply asked “**What are you doing here?**”
- The Lord reveals His “**Manifest Presence and Power**” to Elijah by passing by as He had done with Moses on this mountain in **Exodus 33:21-22**